



WINGSPREAD

RANDOLPH AIR FORCE BASE

www.randolph.af.mil

62nd Year, No. 13 • APRIL 4, 2008



Freedom Flyers Honored

Page 14

INSIDE

*Head of base
recycling program
retires after more
than 30 years*

Page 2

*I Love Randolph
Week enhances
'Showplace of the
Air Force'*

Page 3

*Promoting
healthy families
quest of base
family advocacy*

Page 6

*Intramural
basketball
championship
coverage*

Page 12

TRAINING THE WORLD'S FINEST AIRMEN FOR TOMORROW ... DEPLOYING COMBAT-READY WARRIORS TODAY.

NEWS

Burgers for a cause



Photo by Joel Martinez

Senior Master Sgt. John Petty (right), Air Force Personnel Center, makes his contribution to the Air Force Assistance Fund Monday at the base-wide Burger Burn fundraiser in the base exchange and commissary parking lot Monday.



To the great Airmen of AETC,

Last year you helped make 2007 an outstanding year for AETC's Air Force Assistance Fund (AFAF) campaign. Your contributions made a difference in the lives of many of your friends and neighbors and our entire Air Force community.

The AFAF campaign raises funds for the charitable affiliates that support our Air Force family. These organizations grant aid for family emergencies, educational needs, and provide retirement homes for widows of Air Force members. Simply, AFAF is our way to take care of our own.

As this year's AFAF campaign begins in earnest, I encourage you to join me in making 2008 another successful year. With maximum participation we can make 2008 the best ever!

Sincerely,
Bill Looney
General, USAF
AETC Commander

Man on the go:

By David DeKunder
Wingspread staff writer

Base recycling manager set to retire in April after long career as 'jack of all trades'

The head of Team Randolph's Base Recycling Program retired this week after more than 30 years of military and civilian service.

Conrad Dziewulski, 12th Mission Support Group base recycling program manager, retired Thursday, completing an Air Force career that took him from a public affairs Airman to an environmental official.

Mr. Dziewulski came to Team Randolph in 2006 and helped oversee all phases of the base's recycling program – from paper, cardboard and plastics to Styrofoam.

The Chicago native's military and civil service career began in 1964 when he joined the Air Force. Mr. Dziewulski, who earned a journalism degree from Northern Illinois University, was sent to Patrick Air Force Base, Fla., as a public affairs specialist.

Due to the base's close proximity to Cape Kennedy Space Center, now Cape Canaveral, Mr. Dziewulski was assigned to assist the media covering the launch of the NASA Gemini missions.

Mr. Dziewulski said his experience being with notable newsmen of the day covering the space program is something he will always cherish.

"I saw a lot of history," he said. "I was around notable and famed journalists like Walter Cronkite, David Brinkley, Jules Bergman and Chet Huntley. I helped managed the press site; I made passes for the media, coordinated escorts and made sure TV and radio got the power for their feeds."

After his two-year stint at Patrick AFB, Mr. Dziewulski was transferred to Elmendorf Air Force Base, Alaska, where he continued to serve in public affairs and completed his four-year service to the Air Force in 1968.

For the next two years, he worked in Chicago as a reporter for a news bureau covering city and county news as well as the police beat. In 1971, he went back into public affairs with Chicago's Environmental Control Department, a position he held for nine years.

Mr. Dziewulski started his civil service career in 1980 when he went to the Environmental Protection Agency regional office in Chicago as the public affairs specialist for a six-state area. He later became a physical scientist in the EPA, conducting environmental analysis of water treatment plants and facilities.

After leaving the EPA in 1989, he did a variety of Air Force civil service jobs, from conducting an environmental impact statement for the reuse of a former base to being an environmental compliance officer at three installations and working in public affairs at Kirtland Air Force Base, N.M., and the National Guard Bureau in Washington, D.C.

Robin Armhold, 12th MSG environmental quality chief, said Mr. Dziewulski was part of two groundbreaking events put on by the base recycling program.

"For America Recycles Day last November, Conrad facilitated two events that were unique to Randolph," Ms. Armhold said. "We had an e-waste collection of computers, monitors, TVs and stereos that resulted in three tons kept out of the

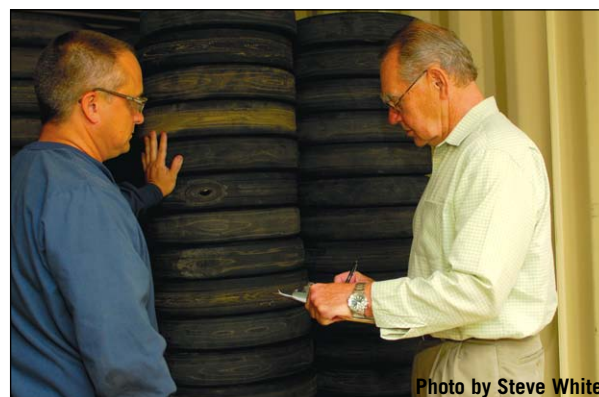


Photo by Steve White

Russell Simpson (left), aerospace ground apprentice, assists Conrad Dziewulski as he takes inventory of used aircraft tires at the Randolph recycling center.

landfill, as well as the blood drive we held for America Recycles Day. We took up the slogan 'Recycle Life' and it stuck. It went well and the folks from Lackland Air Force Base want to do it again."

With the help of contract workers, Ms. Armhold said the amount of items recycled at Randolph during Mr. Dziewulski's tenure increased from 3,400 to 4,100 tons per year.

Mr. Dziewulski said he has had a long civil service career because of his ability to adapt to different roles and situations.

"I had a varied career with a lot of different challenges," he said. "My background enabled me to readily adapt to a changing work environment and conditions."

I LOVE RANDOLPH WEEK

Team Randolph does its part to keep base 'Showplace of the Air Force'

Randolph units and organizations will show their pride in the base next week during the 12th annual "I Love Randolph Week."

The five-day clean-up is a yearly tradition for Team Randolph in which everyone does their part to clean and beautify the base. The event focuses on units and individuals lending a hand to make Randolph a better place to live and work.

"The purpose is to transition from the dormancy of winter to the growth and renewal associated with spring," said Leon Spradling, deputy base civil engineer.

"It's a time for each organization to do some spring cleaning and spruce up their areas," Mr. Spradling said. "There are a number of small things one can do that make a big impact. This week is a great opportunity for

people to clean out cubbyholes and recycle or dispose of accumulated junk.

"Dusting shelves, cleaning out air-return grates and air-conditioning vents not only makes an office look better, it improves the air quality," he said.

For housing residents, Pinnacle Hunt Corporation will have its self help program ready to provide mulch, grass seed and fertilizer to customers living in base housing. Certain garden equipment items will also be available for residents to check out and use.

For work areas, Frank Speed, self-help manager, suggests activities such as painting and landscaping for the observance. The self-help office will purchase all supplies to paint, mulch or plant flowers or shrubs during I Love Randolph Week, Mr. Speed said.

"We will provide power wash-

ers to facility managers to clean walkways and other areas that need to be cleaned," Mr. Speed said. Buildings cannot be washed using a pressure washer.

All chemicals, including paint, to be used for activities and projects during the week must be coordinated with the environmental office at 652-3079 or 652-3062. For disposal of hazardous materials, call the hazardous waste facility at 652-5666. Hazardous waste disposal is provided by the Environmental Flight Monday through Friday during regular business hours.

For more information on projects, call Mr. Spradling at 652-2401. For more information on Pinnacle Hunt Corporation's self-help program, call their community office at 659-9061.

(Courtesy 12th Mission Support Group Civil Engineer Division)



Courtesy photo

News BRIEFS

Retirements

Congratulations to Chief Master Sgt. Timothy Johnson, Air Force Personnel Center, and Tim Talbert, Air Force Recruiting Service, on their retirements.

Special agents sought

The Air Force Office of Special Investigations is recruiting eligible military members to perform special agent duties. The OSI investigates crimes against persons and property, defeats and deters base-level and contract fraud, combats threats to information systems and technologies and provides the Air Force with counterintelligence support for its force protection mission.

Eligibility requirements and other information can be found at www.osi.andrews.af.mil. For more information, call Special Agent Jessie Garcia at 652-9164, 652-2004 or 652-4112.

Adopt a Highway

The Randolph First Sergeant Council and the Air Force Sergeants Association are looking for volunteers to participate in the Adopt-a-Highway project Saturday at 8:30 a.m. on a four-mile stretch of Loop 1604. Local efforts will be part of the annual Don't Mess with Texas Trash-Off conducted throughout the state. The meeting location is the Exxon service station at Loop 1604 and Lower Seguin Road.

To sign up, contact your unit's first sergeant.

Youth/Scout liaison

The 12th Flying Training Wing Public Affairs office is seeking Department of Defense civilians interested in volunteering as the alternate Randolph Youth/Scout liaison. The volunteer position consists mainly of coordinating base and overnight visits with out-of-town Junior Reserve Officer Training Corps, Boy Scout and Girl Scout troops.

For details, call Jim Woody at 652-4532.

Summer employment

The Randolph Civilian Personnel Flight announces summer employment opportunities in clerical, laborer and recreation positions for candidates at least 16 years old. Application guidelines and procedures are listed on www.usajobs.com. The 12th Mission Support Squadron Affirmative Employment Element will accept applications in their office through May 31.

For details, call 652-2655 or 652-5977.

Tuskegee Airmen Convention

The 37th annual Tuskegee Airmen Convention takes place July 17-20 at the Downtown Marriott Hotel in Philadelphia.

For more information, visit www.tuskegeearmen.org.

Legal office closure

The Randolph legal office will be closed to walk-in appointments April 17.

Hispanic Heritage Month

Volunteers are needed to plan the 2008 Randolph Hispanic Heritage Month observance scheduled for Sept. 15-Oct. 15.

For details, call Master Sgt. Richard Madrid at 652-2864.

HazMart Free-Issue Program

The 12th Logistics Readiness Division Materiel Management Flight reminds Team Randolph members that procedures for requesting turn-in and free issue of hazardous materials purchased through the base supply system are included in the 12th LRD Operating Instruction 20-107, HazMart Free Issue Program.

For more information, call 652-5681 or 652-5682.

Pediatric dental patients sought

The Department of Pediatric Dentistry in the 59th Dental Training Group at Lackland Air Force Base is looking for patients between the ages of 6 and 10 in need of dental treatment. Patients selected must be capable of tolerating traditional in-chair dental treatment without sedation.

Interested parents of all eligible active-duty or retiree beneficiaries can arrange for a dental screening by contacting Staff Sgt. Dianet Santos at 292-4072.

Volunteers needed for Brooks study

The Air Force Research Laboratory at Brooks City-Base is looking for moderately fit men and women ages 18-39 to participate in a research study titled "The Effect of Whey Protein and Leucine Supplementation on Physical and Cognitive Performance." Subjects will be reimbursed for their time.

For details, call 536-686.

Airlines' baggage policy

United Airlines and US Airways have changed their policies regarding checked baggage and associated fees. United's policy allows two checked bags up to 50 pounds each free of charge for Department of Defense official government travelers using a General Services Administration city pair fully refundable economy-class ticket. US Airways will assess a \$25 fee for a second checked bag and \$100 for a third checked bag for all ticketed passengers, including DoD official government travelers; active-duty military members in uniform with a valid ID card will still be able to check two bags up to 50 pounds each free of charge.

For details, visit www.united.com and www.usairways.com.

Gym floor

The basketball floor at the base fitness center will be closed April 7-18 so that it can be refinished again.

Commander's Action Line

Call 652-5149 or
e-mail randolph.actionline@randolph.af.mil

While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better.

In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. Jacqueline Van Ovost
12th Flying Training Wing commander



COMMENTARY

ACTION LINE

Q Parking at the Air Force Personnel Center complex has always been at a premium. With the Aerospace Expeditionary Force Contact Center moving into the AFPC complex and bringing in more employees, the parking situation has become more stressful than ever.

Currently, many people end up parking on the side of the road on the Main Circle or 4th Street next to the Recruiting Service building. Many times, people leave too much space between other vehicles but not enough for another vehicle to park, or they leave too little space between vehicles, making it hard to exit the parking areas.

Also, on the Main Circle there used to be a Via bus stop that had yellow "No Parking" lines painted around it. The bus stop no longer exists, but the lines remain, prohibiting use of this available space. I would like to request that parking spaces be painted in these areas and yellow lines removed in order to use the available parking spaces efficiently.

A The inclusion of the AEF Center no doubt makes parking more difficult within areas around the AFPC complex. With more Air Force missions coming to Randolph, we continue to assess parking and traffic safety. In the foreseeable future, we are considering additional parking where building demolitions are scheduled and utilizing this area to support the growing need; reworking the parking plan near the AFPC complex; and evaluating a park-and-ride scenario, which maximizes the use of available space outside of the complex.

In the short term, we assessed your request for additional parking and elimination of bus stop striping. We will re-stripe the area you requested to add and better delineate parking spaces. However, the bus stop striping will remain, as this is required to maintain a line of sight for motorists ensuring traffic safety.

You can't quit work until your money works for you

By Lt. Col. James Barber
437th Medical Support Squadron commander

CHARLESTON AIR FORCE BASE, S.C. – Isn't it amazing how fast you can spend \$50 today? Recently I spent \$50 putting gas in my truck and buying two drinks. I dropped another \$50 at a sports store for a T-shirt and some shorts. It went quick, and that happens every month.

However, did you know that had I invested that \$50 each month, in 50 years I would have had \$880,707 (assuming 10 percent rate of return) in the bank? If I increased that investment to \$100 each month, the value soars to \$1,761,413 in 50 years!

Welcome to the world of paying yourself first and compounding interest. Fortunately, the above scenarios are very attainable given modest growth and a successful investment plan.

Starting an investment plan is a lot like starting a new running program. You hate to start it, but once you're comfortable, you wonder how you ever lived without it. The key to starting an investment program is easy –

start now. Although some people are successful in get-rich-quick schemes, time is your greatest asset in the long run. The time value of money is often underestimated and we wait until it's too late to use time as an advantage. Delaying even 10 years to start your plan in the above scenario decreases your final value by \$1,118,365.

Another key to your investment plan is just as simple — pay yourself first. Don't plan to invest what you have left at the end of the month. You'll never do it. Between the "must haves" and the "nice to haves" we exhaust our money. Instead, set up an allotment to have the money deposited in an investment account. It may be tough in the beginning, but you'll learn to live without it, and you can't miss money you never see.

Most of us don't start investment programs because we don't know where to start. We spend hours surfing information on our favorite college football team, but won't spend two seconds researching where to put our money.

I must confess, I'm a "finance

geek," but not everyone enjoys the sometimes mundane task of investing. Fortunately, there are several options to choose from and most are only a mouse click away. Deciphering where to put your money can seem daunting, but it is actually fairly simple if you take advantage of all the available resources.

Fifty years seems like light-years away, and for many of us it is. I bet when you were 10 years old, turning 30 was only a fleeting thought. To most, \$50 is a lot of money to invest for something we can't enjoy until later in life. It would be a safe guess that if you ask your grandparents one thing they would change if they could go back in time, it would be saving more money earlier in life.

Time is the great multiplier in saving and once it's gone, you can't get it back. Life happens, and you wake up one day wondering where all the time went. A good investment plan started early and with automatic deposits is a great way to achieve your future life goals. Besides, you can't quit work until your money works for you.

ON THE COVER

The wreath-laying ceremony at the Missing Man Monument March 28 was part of the 35th annual Freedom Flyers reunion.
Photo illustration by Maggie Armstrong

WINGSPREAD

12th Flying Training Wing
Editorial Staff

Col. Jacqueline Van Ovost
Commander

Capt. Sharon Branick
Chief of Public Affairs

Airman 1st Class Katie Hickerson
Editor

David DeKunder

Robert Goetz

Staff Writers

Maggie Armstrong

Graphic Designer

Wingspread Office

1150 5th Street East
Randolph AFB, Texas 78150
Phone: (210) 652-5760
Fax: (210) 652-3142

Wingspread Advertisements

Prime Time Military Newspapers
7137 Military Drive West
San Antonio, Texas 78227
Phone: (210) 675-4500

Wingspread e-mail

randolph.wingspread@randolph.af.mil

Wingspread Online

www.randolph.af.mil

This paper is published by Prime Time Military Newspapers, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Randolph AFB, Texas. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Wingspread are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Prime Time Military Newspapers of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to the race, color, religion, sex, national origin, age, marital status, physical or mental handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron.

Editorial content is edited, prepared and provided by the Public Affairs Division of the 12th Flying Training Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force photos.

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in Hangar 6.

Articles may also be sent by e-mail to randolph.wingspread@randolph.af.mil or by fax at 652-3142. For more information about submissions, call 652-5760.

Proclamation signing



Jacqueline Shiflet (left), Randolph's Sexual Assault Response Coordinator, presents Col. Jacqueline Van Ovost, 12th Flying Training Wing commander, with this year's Sexual Assault proclamation for her signature of approval in a ceremony Wednesday. This proclamation signing is the kick-off event to April's Sexual Assault Prevention Awareness Month's awareness, prevention and intervention campaign. Randolph's sexual assault coordinators are proactive year-round. For more information on Randolph's sexual assault reporting procedures, or for more information, call the program's hotline at 652-8787.

Photo by Don Lindsey

FAM-A-FUN

Fam-a-Ganza a day for military children and families

By David DeKunder
Wingspread staff writer

The importance of military families and children will be celebrated as the Randolph Youth Center hosts its free Fam-a-Ganza April 12 from 10 a.m. to 2 p.m.

Fam-a-Ganza is an annual event that encourages Team Randolph families to come out and enjoy games, arts and crafts and food and visit the more than 30 informational booths from base agencies on the youth center grounds.

"Fam-a-Ganza is the youth center's way of celebrating the Month of the Military Child," said Chris Fussell, youth center assistant director.

Since it began, Fam-a-Ganza has grown in attendance each year among active-duty personnel and retirees. An average of 3,000 people have come to Fam-a-Ganza each year.

Ms. Fussell said Fam-a-Ganza provides a variety of activities for children and adults to enjoy, from entertainment to educational.

"When families come to Fam-a-Ganza, they will discover information about base resources they may not have known about while having fun at

the same time," she said.

Activities and exhibits include a youth center drill team demonstration, a gymnastics demonstration, a petting zoo, a Randolph Fire and Emergency Services demonstration, games, door prizes, food, refreshments and the Colossal Cookie Challenge, a baking contest youth can participate in.

Jeri Peterson, youth center youth director, said the Colossal Cookie Challenge allows children to test their baking skills.

"Children who participate in the Colossal Cookie Challenge come up with their own cookie recipes, bring samples of the cookies and have them judged for competition," Ms. Peterson said.

A new event at this year's Fam-a-Ganza will be the base Parent Advisory Council book fair, scheduled to be held in the youth center gym. Parents and children will be able to buy or order educational books at the fair, while proceeds from the book fair will help the PAC fund programs that support the youth center and the Child Development Center.

For more information, call the youth center at 652-3298.



Photo by Steve White

Pony rides and petting zoo animals will be part of the Fam-a-Ganza festivities at the Randolph Youth Center April 12.

COMMUNITY

CHILD ABUSE PREVENTION MONTH

Family Advocacy Program stresses education to improve parenting skills

By Robert Goetz
Wingspread staff writer

"Promoting Healthy Families" is the theme of Child Abuse Prevention Month, which is observed in April each year.

It's also the everyday theme of Randolph's Family Advocacy Program. The program's mission is to prevent family maltreatment and support Air Force readiness and retention.

Randolph's FAP will showcase its services, which are designed to improve parenting skills, during Child Abuse Prevention Month. They will exhibit displays at Fam-a-Ganza, set

for April 12 at Eberle Park and at base locations like the Medical Group and library. Personnel will participate in Kids' Day in the Park April 19 at Travis Park in downtown San Antonio.

Though FAP personnel respond to reports of family violence, including child and spousal abuse, their goal is to head off problems from the start. Their comprehensive education program includes an assortment of classes at the Airman and Family Readiness Center, among them Precious Minds New Connections, Dads 101 Boot Camp, parenting workshops, Home Alone and more personalized services like the New Parent Support Program.

Togetherness and communication are two of the hallmarks of a healthy family, according to Mitzi Wood, Family Advocacy intervention specialist.

"The biggest thing is spending quality time with your children," she said. "You should also listen to your children. Kids know when you're not paying attention to them."

Ms. Wood said lack of communication can lead to abuse.

"A lot of abuse happens because of misunderstanding," she said. "Parents and children aren't communicating well with each other."

Other factors are parents' overly high expectations and stress.

"If you're calm and present, the situation will be better," she said. "Parents need to understand that they

can't act like a child themselves. Because children don't have the same mental capacity as adults. They're egocentric. For them, it's all about me and how this impacts me and my life."

Ms. Wood said mealtime provides families with a great opportunity for communication.

"When you sit down to dinner, you accomplish two things," she said. "You get to eat and talk. But be sure to make eye contact and repeat what your children say. Be truly interested. Otherwise, your children will stop talking and start acting out at the table."

Activities such as taking a walk after dinner give parents and children another chance to talk to each other, Ms. Wood said.

"If you allow them space, you'd be surprised what they bring up," she said.

It's also important for parents to give each child one-on-one time.

"That's especially important with older children," she said. "But you also have to form a bond with a teenager when they're younger. You have to do that early in childhood."

Family Advocacy's New Parent Support Program gives young military couples the tools to form those early bonds. The program provides home visitation, education and resources to expectant parents and parents of children up to age 3.

"The New Parent Support Program is a prevention program," said Debra

Spencer, nurse for the program. "It provides information about a child's growth and development and assistance with concerns parents have regarding children."

Military families face the same stressful situations as civilian families, but they also deal with deployments and frequent moves. The Family Advocacy Program and other programs and organizations on base help military families deal with issues related to these periods of change.

"We don't always think of the impact of deployment on children, but we have to reach out to them and support the parent who stays behind," Ms. Wood said. "There are organizations like the deployed spouses' group and the Airman and Family Readiness Flight and programs like the Key Spouses who keep up with the families of Airmen who have been deployed and see what they need."

Education is at the heart of the Family Advocacy Program and it is what helps couples become better parents.

"When people are educated," Ms. Wood said, "the likelihood of abuse will be less."

She also advised parents to strive for a healthy mind and body, which help them maintain their composure when dealing with their children.

"Be aware of your need to take care of yourself," she said. "Learn to manage your own stress."



Randolph High students excel at Navarro UIL Competition

RANDOLPH FIELD ISD

Randolph High School students won 33 placements at the Navarro High School University Interscholastic League competition March 29 and will advance five individuals and teams to the regional contest in San Marcos Saturday.

Randolph's Current Events team placed first and will advance to regionals, while team member Taylor Watson won first place individually. Sarah Lyons was second and Alyssa Posada was fifth.

Also advancing to region is Danny Otto, third in editorial writing; Andrea Shannon and Alex Parrot, second in accounting; Taylor Watson, second in spelling; Cole Gindhart and Zach Foss, first in physics, and the team of Kevin Beauchemin, Watson and Julie Stedman, first in social studies. Beauchemin was first individually, Watson second and Stedman fourth.

Other ribbon winners at Navarro were Sarah

Lyons and Alyssa Posada, second and fifth, respectively, in current events; Steven Turner, fourth in headline writing; Hope Bander, sixth in feature writing; Tyler Burden, fifth in news writing; Sarah Lyons, fourth in literary criticism; Lyons, fourth in math; and Zach Foss, sixth in math. The two were the second-place team at the meet.

Other winners were Andrea Shannon, fifth in ready writing; Cindy Lopez, first in science and chemistry. Also in science Zach Foss was third, Beauchemin fourth; John Riptoe sixth, and Jasmine Kent eighth. In chemistry, Beauchemin finished in second place. The Calculator Applications team finished in second place and member David Halter was third, while Cole Gindhart was fifth.

(Courtesy of Jeff Duffield, Randolph Field ISD public information officer)

Volunteers clean up



Staff Sgt. Kristin Garcia (right), 12th Medical Operations Squadron, and Staff Sgt. Harold Andradeborbor, 37th Aerospace Medical Squadron, Lackland Air Force Base, pick up trash and collect recyclable material March 29 at the Olmos Basin park area for San Antonio's annual Basura Bash. More than 30 Airmen from Randolph gathered to help clean up the riverbank and lend support to the local community.

Photo by Airman 1st Class Katie Hickerson



FLO training video shot at Air Force Personnel Center, various locations

By Steve VanWert

Air Force Personnel Center Public Affairs

The director yelled "roll 'em!" The clapboard was snapped and the film crew jumped into action – a common occurrence in Hollywood, but an unusual one at the Air Force Personnel Center here.

The excitement was all part of a film shooting for two 15-minute videos that will be used for training Air Force family liaison officers and commanders. The shoot, arranged by the Air Force Survivor Assistance Program Office in the Pentagon and contracted to HLS Productions in Baltimore, Md., took four days in March and turned local AFPC employees into actors, sort of.

"We're using real people in real situations," said John Beckett, representing the Air Force Survivor Assistance Program in the Pentagon. "We want the FLOs and the commanders who see these films to see the actual people doing the job, not actors. It's more realistic and the names and faces are ones the FLOs will actually work with."

Once the script had been written and the shooting schedule finalized, Harold Smullian and Tim Kennedy from HLS Productions flew to San Antonio. The actual filming was done by the audiovisual branch from the Air Force Services Agency in San Antonio. Mr. Smullian was the director for the project,

and the filming was done by Fred Chapa.

The crew filmed at three homes of local "Wounded Warriors." These men and women have all suffered major injuries, from missing limbs to loss of sight and severe burns. They told their stories of how the FLO provided necessary assistance to them in their time of need. The crew also filmed at the physical therapy unit at Brooke Army Medical Center and at the home of one of the local FLOs. They arrived at AFPC March 19 and spent an afternoon shooting employees of the Airman, Family and Community Operations Branch Air Force Wounded Warrior program in actual work situations.

"They filmed us at our desks assessing the AFW2 database on our computers and speaking to AFW2 customers on the phone," said Brian Churchill, a member of the branch. "Then five of us sat down at our briefing table and they filmed us discussing a PowerPoint presentation. It was something we do every day and we know the footage will help our FLOs and our commanders learn what we do."

They also filmed Ray Ramos, community readiness consultant, as he provided assistance to "Wounded Warrior" Airman 1st Class Faith Harris at the Randolph Airman and Family Readiness Center. These centers provide hands-on professional services such as transition assistance, employment assistance, moving assistance, financial coun-

seling, information and referral, and emergency financial assistance to "Wounded Warriors."

A family liaison officer is assigned to each "Wounded Warrior," whether the Airman is being medicated from an area of responsibility or other overseas location. FLOs are the individuals who help the "Wounded Warriors" and their families in all aspects of their move from the point of departure to the hospital in the United States. They arrange local transportation, work with the Casualty Branch on travel requests and emergency family travel orders and help with access to military facilities. They are the warrior's lifeline in a time of crisis. Once the member is identified as a "Wounded Warrior," the AFW2 team begins providing assistance and services for five full years after separation or retirement.

One of the videos, scheduled to be released in June, will be used to train FLOs. The other will be used to brief commanders and other interested parties on what an FLO does and what services are available through the Wounded Warrior Program.

These neophyte actors may not ever get stars on the Hollywood Walk of Fame, but to those Airmen and families who require the personal attention of an FLO, they're big stars.

CROSSWORD PUZZLE

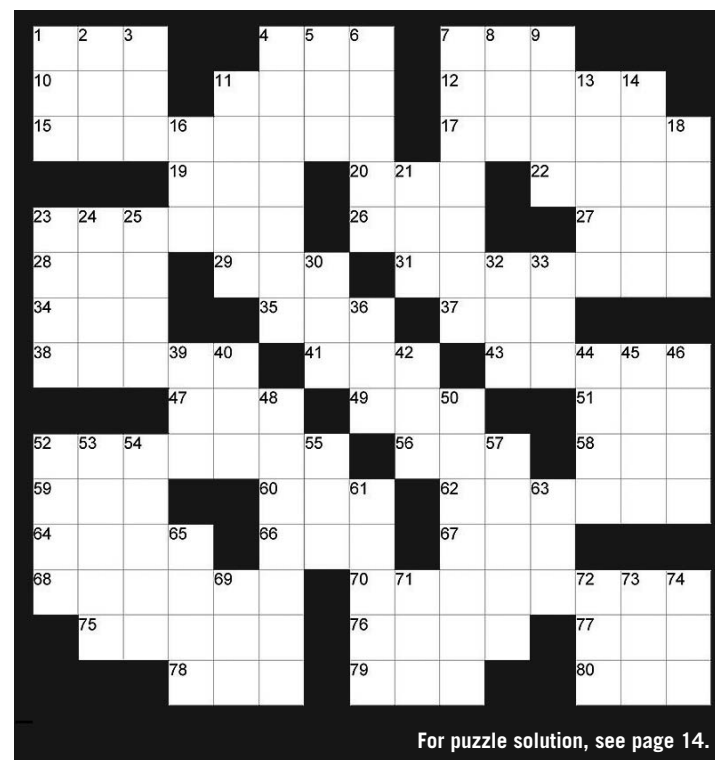
ACROSS

1. DoD org. providing timely, objective military intelligence
4. Pilot with 5+ aerial victories
7. ____ 36-2903, Dress and Personal Appearance of Air Force Personnel
10. Long time
11. 1982 sci-fi film
12. Indiana player
15. Offers for consideration or action
17. T-28
19. Terminate
20. Decorative vase
22. Finding ____
23. T-11
26. Hurricane center
27. El ____
28. U.S. cryptologic org.
29. Capture
31. Landed properties, usually of considerable size
34. 3, to Cicero
35. Scientist's workplace
37. Take small tastes of
38. T-38
41. Gun the motor
43. Skin openings
47. Annoy by persistent fault finding, complaints or demands
49. USAF MAJCOM
51. Perform

52. Church part
56. Steal
58. USAF health check
59. Power to inspire fear or reverence
60. Taxing org.
62. T-34
64. Thin, clear parts of the fluids of plants
66. Type of USAF org.
67. DOJ agency for counterterrorism
68. Slang for the buttocks
70. T-33
75. Adult male voice intermediate between the bass and the alto
76. Stringed musical instrument
77. Cellular material
78. USN O-1
79. Football stat
80. Snakelike fish

DOWN

1. ____ Moines
2. Debt letters
3. "Crouching Tiger, Hidden Dragon" director Lee
4. Magazine containing arms and military equipment
5. Mil. bed in the field
6. Follow in order; come afterward
7. Preparedness; ready; willingness
8. Distant
9. Image
11. T-6
13. Drive or force out; expel, as from a place or position
14. Asian shrub of the nettle family used in textiles
16. Fuel
18. Moves head in agreement
21. Widely cultivated cereal grass
23. Make by intertwining yarn or thread
24. Continent home to Osan AB
25. Slim, pointed fastener
30. Prohibit
32. Slender or pointed end or extremity
33. Mil. overseas address starter
36. Golden Girl actress Arthur
39. Being or amounting to a single unit
40. Quick rest
42. DVD predecessor
44. Deeply engrossed or absorbed
45. Sound heard again near its source after being reflected
46. End of 70 ACROSS
48. Training aircraft at USAFA
50. Operation Provide ____
52. Scarf worn over one shoulder or around the waist
53. T-37
54. Creepy



For puzzle solution, see page 14.

55. Mistake
57. Jazz style associated with Charlie Parker and Dizzy Gillespie
61. Japanese delicacy
63. College basketball tournament
65. Actress Archer

69. Charged particle
 71. "Star Wars" hero Solo
 72. Fury
 73. 22°30' east of due north
 74. Female companion
- Courtesy of Capt. Tony Wickman
71st FTW Public Affairs*

Community BRIEFS

RANDOLPH CHAPEL – 652-6121

Chapel schedule

For a complete chapel schedule, including Protestant, Catholic and other religious services, visit www.randolph.af.mil and click the "chapel" link on the right side.

AIRMAN & FAMILY READINESS CENTER – 652-5321

Bundles for Baby

A program for active-duty service-members and their spouses who are expecting a baby takes place today from 2-3:30 p.m. at the A&FRC. Topics include budgeting for baby, the dental and pediatric clinic and the New Parent Support Program. Attendees will receive a bundle of baby supplies and a book for baby's first year. Call 652-5321 to sign up.

Deployed Family Dinner

A dinner for all Randolph military families experiencing a separation due to deployment or remote tour takes place Thursday from 5:30-7:30 p.m. at the Randolph Officers Club, Building 500.

Call your unit's first sergeant or the A&FRC at 652-5321 to reserve a seat.

Driving safety

The South Texas Safety Council will present a driving safety course April 12 from 8:30 a.m. to 3:30 p.m. at the A&FRC. Participants may qualify for a discount on auto insurance or have a ticket dismissed.

Call 824-8180 Monday through Friday from 9 a.m. to 6 p.m. to register.

MISCELLANEOUS

Fam-a-Ganza

The 12th Services Division's Fam-a-Ganza, a family event featuring games, entertainment, lunch and more than 30 informational booths, takes place April 12 at the Randolph Youth Center.

For more information, contact Ed McDaniel at 652-2940 or edward.mcdaniel@randolph.af.mil.

Go Green

The Go Green ExpoWorkshopCinema takes place today and Saturday at the Live Oak Civic Center, 8101 Pat

Booker Road. The event features information on compressed earth blocks, recycled and recyclable materials, fuel cells and other energy options, rainwater collection, the Zero Air Pollution car, environment-related movies and a variety of workshops and seminars.

General admission is \$5, but \$4 for seniors. Call 212-8031 or e-mail rzheck@cs.com for more information.

ROWW

The Retired Officers' Wives' and Widows' luncheon takes place April 22 at 11 a.m. at the Sam Houston Club. Olga Davis will present a program about "Things My Mother Told Me."

Call 822-6559 for reservations.

Relay for Life

Volunteers are needed for the American Cancer Society's Relay for Life 2008 May 2-3 from 7 p.m. to 7 a.m. at Steele High School Stadium. Volunteers will serve as team escorts and event directors and work at food booths.

Contact Mark Williams at 830-

703-6648 or afpersonnel@hotmail.com for more information.

EDUCATION CENTER – 652-5964

Park University

Registration for Park University's summer term will begin May 5 and continue through May 30. The term runs from June 2 to July 27. Introduction to Math is being offered in an eight-week format and can be used to complete the Community College of the Air Force math requirement.

ERAU

Embry-Riddle Aeronautical University distance-learning classes commence May 7. Registering students must sign up by April 22.

Call 659-0801 for more information.

St. Philip's College

St. Philip's College will begin offering hybrid courses this summer at Randolph. Hybrid courses combine face-to-face classroom instruction with online learning.

Students will meet once a week for traditional class time and will spend the rest of the time accessing the class Web site for assignments, lecture notes, tutorials, discussions and exams.

Call 659-1096 or visit Building 208, Room 10, for more information.

St. Mary's University

St. Mary's University's Randolph office will be closed April 9-18. For immediate assistance, call the graduate admission office at 436-3101.

The summer term begins May 12. To view the course schedule, visit www.stmarytx.edu/registrar.

Wayland Baptist University

Wayland Baptist University's bachelor of science in occupational education is a 124-credit-hour undergraduate degree offering majors in justice administration, human services and occupational education, among others.

Call 945-8379 or visit the Randolph office in Building 208, Room 11.

MISCELLANEOUS

• AETC welcome home program

Military personnel who have deployed from an AETC base for over 120 days in support of Operation IRAQI FREEDOM or Operation ENDURING FREEDOM have an opportunity to register to win \$2,500 travel vouchers which may be redeemed for a vacation. Visit the Airmen and Family Readiness Center in building 693 to find out more about the program.

Returnees may go to ITT, Bldg. 897, between now and April 14 to enter into a drawing to win up to 5 tickets to Natural Bridge Caverns (\$54 value) or Natural Bridge Wildlife Ranch (\$47 value). Additionally, check out what they have available for your leisure enjoyment.

The AETC Welcome Home Program, in cooperation between Services and Airmen & Family Readiness Centers, is sponsored in part by USAA and EG&G/LSI. No federal endorsement of sponsors intended.

BOWLING CENTER - 652-6271

• Month of the Military Child bowling special

Youth 17 and younger can bowl for \$1 a game, per person every Sunday (April 6, 13, 20, & 27) from 1-4:30 p.m. when accompanied by an adult. Shoe rental is free. Adults that bowl with their military youth, pay only \$1.50 per game, per person with free shoe rental also.

Youth can register for door prizes and the drawing for the prizes will be April 27 at approximately 3:30 p.m.

ENLISTED CLUB - 652-3056

• Bob Carter Classic golf tournament

Sign up for the 36th annual Bob Carter Classic Golf Tournament on April 25 with a 12:30 p.m. shotgun start. The registration fee includes a round of golf, golf cart, gift bag, lunch, refreshments during registration and on the

12th Services Briefs

course, and a dinner banquet following the tournament. The price is between \$42 - \$62 depending on whether you have a club or golf course membership.

This event is sponsored in part by Cavender Chevrolet and Canyon Creek Pools. No federal endorsement of sponsor intended. Call 652-3056 to make your reservation.

• Enlisted Club Administrative Professional day

Bring your "right hand" person to the club on April 23 for lunch from 11 a.m.-1 p.m. There will be a delicious buffet with cheesecake and a glass of house wine. The members' price is \$10.95 or \$12.95 for nonmembers.

FITNESS CENTER - 652-2955

• Stretching/core class

The fitness center staff is conducting a class next Wednesday at 11 a.m., which focuses on training the abs for trunk and postural stabilization.

• Customer appreciation day

The fitness center hosts a Customer Appreciation Day Thursday from 11 a.m. to 1 p.m. to thank customers for choosing the Rambler Fitness Center for their workouts. Healthy snacks will be provided.

GOLF COURSE - 652-4570

• April golf and lunch special

For only \$25 you get a round of golf with cart and lunch on the Tee Time deck every Tuesday in April.

• Nike demo day

Nike will be at the golf course for a demo day on Thursday from 2-6 p.m. Let them analyze your swing and give you some expert advice for improving your swing.

LIBRARY - 652-8901

• Celebrate your library

Help the library celebrate National Library Week April 13-19. Fill out a form listing your favorite author or book

and why. Then drop the form in the age appropriate box at the front counter for a chance to win special prizes. All DoD ID cardholders are eligible to enter.

OFFICERS' CLUB - 652-4864

• Administrative profession luncheon

Treat your "Business Administrative Professional" to a specially prepared lunch on April 23 at 11:30 a.m. Along with the meal, musical entertainment, and ambiance, your professional will receive a special gift from the officers' club. The cost for all of this is only \$12 for members or \$14 for nonmembers.

YOUTH CENTER - 652-3298

• Famaganza

The youth center's annual family festival takes place on April 12 from 10 a.m. to 2 p.m. in bldg. 585. Activities include face painting, inflatables, games and arts & crafts. There will also be information booths with giveaways and demonstrations.

This FREE event is for all DoD ID cardholders and lunch will be served. Famaganza is sponsored in part by Randolph Brooks Federal Credit Union. No federal endorsement of sponsor is intended.

• Summer camp registration

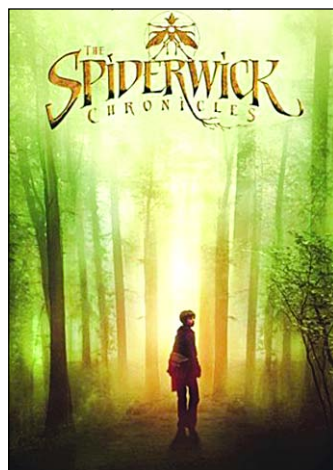
Summer camp registration for youth ages 5 (must have completed kindergarten) through 12 is April 2-18 from 9 a.m. to 5 p.m. April 2-4 is reserved for Priority One, which is single & dual active duty assigned to or living on Randolph. April 8-10 is reserved for Priority Two, which is active duty with a working spouse and DoD employees working on or assigned to Randolph. Both parents must be employed or a full time student enrolled for at least 12 hours or actively seeking employment. April 14-18 is for priorities 3-6, if any spaces are available.

MOVIES

Randolph Movie Theater - 652-3278

Adults - \$4.00

Children (11 yrs. and under) \$2.00



"The Spiderwick Chronicles"

Sarah Bolger, Freddie Highmore
 Friday, 7 p.m.; Saturday, 6 p.m.
 Rated PG, 97 min.



"Vantage Point"

Dennis Quaid, Matthew Fox
 Sunday, 3 p.m.
 Rated PG-13, 105 min.

10th ANNUAL Open Car Show

April 20 • Noon - 5 pm

Spectators will enter at Jacobs Creek Park Gate at the Randolph Canyon Lake Recreation Area.
 Admission will be \$5 per car for spectators.



Participants can pre-register at Arts and Crafts, Bldg. 895. Registration cost is \$25 or \$15 for active duty military E-4 and below. Participants need to arrive between 9 a.m. and noon. At noon, a specially selected panel of judges will begin the difficult task of choosing the Best of the Best.

Trophies are presented for first, second and third place in each category, plus Participants' Choice, Best of Show and Commander's Choice.

For more information, call Sharon Rector at 652-6508

Sponsored in part by Randolph Brooks Federal Credit Union. No federal endorsement of sponsor intended.

FEATURE

Retired Air Force pilots relate experiences in POW camps

Will to survive motivated Airmen as they endured living hell



The 35th Annual Freedom Flyers Reunion

By Robert Goetz
Wingspread staff writer

Every year a group of Airmen united by a shared experience of survival against all odds returns to Randolph in the early spring and every year the base community marvels at the triumph of the human spirit these warriors personify.

They're known as the Freedom Flyers, Air Force aviators who endured years of physical and mental torture in the prime of their lives in infamous prisoner-of-war camps like the "Hanoi Hilton." But they soared again, requalified as pilots by the "Chargin' Cheetahs," Randolph's own 560th Flying Training Squadron, following the Vietnam War.

The Freedom Flyers came home again last week to mark the 35th anniversary of the start of the requalification program that provided them with a fitting champagne flight and set an example for subsequent generations of Airmen to follow.

Dozens of the latest generation of Airmen filed into the base theater the morning of March 28 to listen to the Freedom Flyers relate their experiences, from using an ingenious "tap code" to communicate with fellow POWs to walking in the heinous "Hanoi March" that subjected prisoners to the jeers and physical attacks of an unruly crowd. The decade-old symposium is a highlight of the annual reunion.

At the symposium, retired Col. Carlyle "Smitty" Harris, who was shot down on April 4, 1965, and spent eight years as a POW, said he was isolated from other prisoners the first few weeks after being captured, enduring physical abuse and intimidation.

"After three weeks, I saw three other pilots," he said. "That was almost heaven – to be able to converse and support each other."

Much of the conversation was nonverbal, through a system used in World War II called "the tap code." Colonel Harris introduced the code, which was based on the letters of the alphabet, to other prisoners.

"We were communicating back and forth very successfully," he said. "There were so many ways we used the tap code. It spread like a chain reaction."

Colonel Harris recalled "talking" to another POW on a Thanksgiving morning, describing a wishful feast "in great detail" and inviting his fellow pilot to the imaginary meal.

"He told me, 'I would, but I'm all tied up,'" he said.

The North Vietnamese eventually stopped the tap code, and POWs paid the price through torture, but Colonel Harris said the prisoners came up with other ways to communicate, including a mute code, passing notes in common areas and talking through thick masonry walls using a tin cup.

"Every time they tried to shut us down, we found more secure ways," he said. "I cannot overstate the importance of communication. It created a unity and esprit."

Retired Col. Jerry Driscoll told Airmen and civilians gathered at the symposium about the Hanoi March on July 6, 1966, when POWs, handcuffed to each other, were paraded through the streets of Hanoi while people with megaphones whipped spectators into a frenzy. They struck some of the POWs with rocks and sticks. The public display, while humiliating and menacing to prisoners, served another purpose.

"This was the first indication some of us were still alive," he said. "It turned out to be quite a media event."

Colonel Driscoll said the North Vietnamese had considered trying their prisoners as war criminals.

"The Hanoi March was a media disaster for North Vietnam," he said. "The war crimes trials never transpired. They were very aware of world opinion."

"The Cuban Program" was another notorious chapter in the Vietnam War. Retired Col. Ed Hubbard said the North Vietnamese employed Caucasian men who spoke with a Spanish accent to interrogate and beat selected prisoners several times a day if they didn't sign statements denouncing their president or offering their unconditional surrender. The POWs believed the interrogators were from Cuba.

"We left behind brutality the likes of which we had never seen,"

Colonel Hubbard said.

The prisoners weren't the only ones who suffered. Their loved ones lived with uncertainty each day. But Colonel Harris' wife, Louise, and their children – two girls and a boy – had to soldier on.

"We lived day to day and talked about the things daddy liked to do," Ms. Harris said at the symposium. "We conducted our lives like all was well for us."

Ms. Harris said she received 14 letters from her husband in the eight years he was imprisoned.

"Something would come along to let us know he was alive," she said. "We always believed he was alive. We had many ups and downs over the years, but Smitty had prepared us well."

Mrs. Harris' determination served her well in her husband's absence.

"The Air Force learned to adapt, and I learned to adapt over the years," she said. "When I needed help, I called for help and got the help. We never wanted for anything."

Her advice to Airmen summed up the indefatigable spirit of the Freedom Flyers.

"You have the ability to withstand anything that comes at you," she said.

The Freedom Flyers' reunion began March 26 when the San Antonio Spurs honored the pilots prior to their game against the Los Angeles Clippers. It continued March 28 with the symposium, a wreath-laying ceremony at the Missing Man Monument, an evening aerial review and a dining-in mess and wives' dinner featuring former presidential candidate H. Ross Perot. The reunion concluded with a golf tournament and banquet March 29.

"It was another outstanding year," said Maj. Douglas Hamlin, 560th FTS project officer for the reunion. "The guys that came back for the reunion were one of those tight-knit groups. It was great to see their brotherhood."

Who are the Freedom Flyers?

Air Force aircrews who were shot down and captured during the Vietnam War never received their "fini flight," the ceremonial soaking-down of the aircrew upon the completion of their last flight at an assignment.

Some men served up to seven and a half years as POWs and, as a result, were getting a little rusty in their flying skills.

When the North Vietnamese agreed to release the POWs, the Air Force designated Randolph's 560th Flying Training Squadron as the recertification unit. Those who wanted to get back in the cockpit had to be recertified by instructors at the 560th FTS.

Following the initial wave of 147 pilot requalifications in 1976, the 560th continued providing Freedom Flights to former POW pilots who, for one reason or another, did not attend requalification training.

In addition to recertification, the commander of the 560th FTS at the time, Colonel Don Ellis, decided that these men earned their fini flight.

And so the tradition of the Freedom Flyers began.

Each Freedom Flyer is designated by a number; just like chief master sergeants of the Air Force, they are proud of their number.

"After three weeks, I saw three other pilots," he said. "That was almost heaven – to be able to converse and support each other."

Retired Col. Carlyle "Smitty" Harris
Freedom Flyer



Photos by Steve White

A bugler plays taps during the wreath-laying ceremony at the Missing Man Monument, one of the events for the 35th annual reunion of the Freedom Flyers, the Air Force aviators who were imprisoned during the Vietnam War and were later requalified as pilots by Randolph's 560th Flying Training Squadron.



Retired Colonels Don Ellis and Carlyle "Smitty" Harris greet each other during the Freedom Flyer reunion at Randolph. Colonel Ellis was commander of the 560th Fighting Training Squadron when Colonel Harris and other POWs were requalified as pilots.



Former presidential candidate, H. Ross Perot (left), talks with Gen. William Looney (right), Air Education and Training Command commander and Senior Airman Dan Acosta March 28 at a Freedom Flyers mess reception at the officers' club.



Freedom Flyers pose for a photo outside the Randolph Officers' Club during their reunion.

SPORTS and FITNESS

Last second heroics propel AFPC to second consecutive intramural crown



Photos by Steve White

A member of the Air Force Personnel Center #1 team competing in the intramural basketball league leaps over his opponents from the 12th Medical Group in their championship game at the Rambler Fitness Center Wednesday.

By David DeKunder
Wingspread staff writer

Led by a buzzer-beating shot by Chuck Freeman, Air Force Personnel Center #1 beat the 12th Medical Group in two games Wednesday to win its second consecutive Randolph intramural basketball championship.

Freeman hit a 17-foot jump shot as time ran out to win the first game for AFPC #1, 51-50, and continued his strong play into the doubleheader, with AFPC #1 winning 59-47.

AFPC #1 needed to win two games in a row to successfully defend its intramural crown in the double-elimination playoff format held at the Rambler Fitness Center. Tuesday, the 12th MDG gave AFPC #1 its only loss of the season in the semifinals. AFPC #1 fought off elimination and got back into the championship bracket by defeating a fellow unit team, AFPC #2, Tuesday night.

In the closing seconds of the first game, it seemed the 12th MDG would deny AFPC #1 its fourth championship in eight years until Freeman came to the rescue. With more than two seconds left, AFPC #1's Ernie Banks threw a full-court inbounds pass to Freeman, who jumped up and caught the ball near the right wing three-point line. Freeman then dribbled between two defenders and got off a running shot to beat the buzzer.

Freeman said he gave Banks simple instructions that set up his game-winning shot.

"I told Ernie Banks to throw the ball down court and I would get it," said Freeman, after the awards and trophy presentation

was completed. "I got the best look I could get and fortunately, I got it off. The shot came off good, I was hoping it would not be short, but it went down. Game over."

The 12th MDG had a four-point lead with 7.2 seconds remaining, but Tate Lundy hit a baseline three-pointer to get AFPC #1 within one with 4.6 seconds remaining. The 12th MDG still had a chance to win the game but missed two bonus free throws in the closing seconds.

AFPC #1 coach Scott Forsmann said he could not have foreseen his team's miraculous victory in the first game.

"The end of the first game was very exciting," Forsmann said. "I didn't know if we would pull it out at the end."

Freeman, who scored 18 points in the first game, pumped in 19 in the second game. Anthony Graham led AFPC #1 with 23 points in the second game, hitting three consecutive three-pointers that spurred AFPC #1 to a 15-point lead with four minutes left.

The closest the 12th MDG would get in the second game was five, but AFPC #1 was able to clinch the championship by hitting their free throws down the stretch.

Forsmann said winning the championship was a good way for AFPC #1, who finished 12-1, to complete its near perfect season.

"It would have been nice to have gone undefeated, but we still won the championship," he said. "So we are not complaining."

Coach L.P. Williams, 12th MDG coach, said AFPC #1 deserved to win the championship, but that her team still put up a good fight.

"I finished out with a good group of guys," she said. "My hats are off to AFPC, they have a good coach and tremendous talent."



Far left: Chuck Freeman, #4, defends against his opponent from the 12th Medical Group during his drive to the hoop. The AFPC #1 team went on to win 59-47.

Left: In a competitive tournament match, a member of AFPC #1 jumps over his competitors to retrieve a rebound to help take his team to tournament victory.

April Group Exercise Class Schedule at the Rambler Fitness Center



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
6 a.m. - Cycling	6 a.m. - Step	6 a.m. - Cycling	9 a.m. - Step/Weights	6 a.m. - Cycling	9 a.m. - Kick Boxing
9 a.m. - Step	9 a.m. - Yoga	9 a.m. - Step	9 a.m. - Yoga	9 a.m. - Step	9 a.m. - Pilates
11 a.m. - Step	10 a.m. - Srs. Strength	11 a.m. - Step	10 a.m. - Seniors	11 a.m. - Step	10 a.m. - Zumba
Noon - Kick/Flex	11 a.m. - Step	4 p.m. - Power Yoga	11 a.m. - Step	5:15 p.m. - Yoga	
5 p.m. - Super/Step	5 p.m. - Pilates	5 p.m. - Combo	5 p.m. - Cardio/Sculpt	6:30 p.m. - Kick Boxing	
5:15 p.m. - Cycling	6 p.m. - Zumba	5:15 p.m. - Cycling	6 p.m. - Kick Boxing		
6 p.m. - Yoga	6 p.m. - Kick Boxing	6 p.m. - B-Toning			
7 p.m. - Kick Boxing					

For more information on any of the exercise classes, call the Rambler Fitness Center at 652-2955.



RoHawk Track Results

The Randolph Ro-Hawks girls and boys track teams hosted the Ro-Hawk Relays March 29 at Ro-Hawk Stadium, which consisted of nine girls teams and six boys teams. The Lady Ro-Hawks won the girls division with 166 points, beating out second place La Vernia by five points. The boys placed second with 118 points, behind first place La Vernia, which had 206 points. Here are the results of the meet, which consist of the events in which Randolph girls and boys placed in the top three.

Girls

Shot put: 2, Ashley Ortiz, 29-2 ?.

Long jump: 1, Jasmine Kent, 16-10; 2, Jayla McArthur, 16-4.

Triple jump: 1, Sydney Solomon, 34-0; 2, Tamoya Morrison, 32-9.

High jump: 2, Ria Rivers, 4-8 (less jumps); 3, Shaunea St. Louis, 4-8.

400 relay: 1, Randolph 50.30.

100 hurdles: 1, Jasmine Kent, 16.37.

100: 1, Caitlin Carter, 13.16; 3, Sydney Solomon, 13.38.

800 relay: 2, Randolph 1:49.63.

200: 1, Jayla McArthur, 25.78; 2, Tamoya Morrison, 26.77.

1,600 relay: 1, Randolph 4:09.75.

Boys

Discus: 3, Lance Copeland, 117-11.

Long jump: 3, Dante Terrell, 18-10.

400 relay: 2, Randolph 44.98.

110 hurdles: 3, Danny Atalig, 18.71.

100: 2, C. Stoker, 11.88.

800 relay: 2, Randolph 1:35.43.

400: 3, P.J. Rancier, 54.84.

300 hurdles: 3, Danny Atalig, 45.80.

200: 3, Anthony Ravela, 24.06.

1,600 relay: 1, Randolph 3:37.76.



Sports BRIEFS

Air Force Marathon

Headquarters Air Education and Training Command is looking for runners to be on the AETC team for the Air Force marathon held in October at Wright-Patterson AFB. Interested parties may fill out an AF Form 303 and submit it to Mr. Rick Prado at the Rambler Fitness Center.

Air Force Athlete of the Year

Nominations for 2008 Air Force Athlete of the Year are being accepted until Oct. 6. E-mail rick.prado@randolph.af.mil for instructions on submission of packets.

Ssoftball players needed

The Rambler Fitness Center is looking for varsity-level softball players, both men and women. If interested, contact Tech. Sgt. Dwayne Mumaw at Dwayne.mumaw@randolph.af.mil.

FitFactor volleyball

The youth center is conducting FitFactor volleyball sessions Tuesdays and Thursdays from 6-7 p.m. during the month of April. These sessions are for youth ages 9-14.

Nite Hoops registration

Register for Nite Hoops through May 30. Nite Hoops is free for youth

center members ages 13-18.

Participants must have a current physical. The Nite Hoops league will run June 1 through Aug. 4.

Call 652-2088 for more information.

Clinic/leagues registration

Registration for the girls' volleyball clinic and summer leagues, ages 9-18, takes place at the youth center from April 1- May 31.

Special Twilight pricing

Regular Twilight pricing begins at 3 p.m. daily and the cost for a round of golf with cart is \$14 per person. Super Twilight pricing begins at 5:30 daily and is \$10 per person.

Tee times

Golfers should sign up for week-day tee times at the Randolph Oaks Golf Course at least two days in advance.

Drawings are held every Thursday for weekend tee times. Groups must have at least two active-duty members to qualify for a priority tee time. To sign up for weekend tee times, e-mail to tee.time@randolph.af.mil.

Basketball court refinishing

The Rambler Fitness Center basketball courts and running track will be closed April 7-18 for floor repairs.



Don't Drown Your Career

with too much Beer

0-0-1-3

IT'S NOT PROHIBITION.
IT'S A RESPONSIBLE DRINKING CULTURE.

The standard 0-0-1-3

- 0 Drinks under 21
- 0 DUIs
- Max 1 drink per hour
- Max 3 drinks in one night